

RISE MOVEMENT STUDIO – 2022 SPRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FITKIDS! ALL LEVELS MIXED AGES (6-12) 4:30-5:15pm IN-STUDIO ONLY	ACRO/TUMBLING ALL LEVELS JUNIOR (10-14) 4:30-5:30pm IN-STUDIO ONLY		HIP HOP/STREET JAZZ ALL LEVELS JUNIOR (10-14) 4:45-5:30pm IN-STUDIO ONLY	ZUMBA® ALL LEVELS SENIOR/ADULT (15+) 10:00-11:00am IN-STUDIO ONLY
TAP TECHNIQUE INTERMEDIATE JUNIOR (10-14) 5:10-6:10pm IN-STUDIO ONLY	TAP BASICS ABSOLUTE BEGINNER JUNIOR (10-14) 5:30-6:15pm IN-STUDIO ONLY	ZUMBA® JUNIOR DANCE FITNESS JUNIOR (10-14) 5:45-6:30pm IN-STUDIO ONLY	JAZZ TECHNIQUE BEGINNER JUNIOR (10-14) 5:15-6:15pm IN-STUDIO ONLY	MOVE'N'GROOVE DANCE FITNESS FOR KIDS PETITE/MINI (4-9) 5:45-6:30pm IN-STUDIO ONLY	ACRO/TUMBLING ALL LEVELS PETITE/MINI (4-9) 11:45-12:30pm IN-STUDIO ONLY
BALLET TECHNIQUE BEGINNER/INTERMEDIATE JUNIOR (10-14) 6:15-7:15pm IN-STUDIO ONLY	ZUMBA® ALL LEVELS SENIOR/ADULT (15+) 6:45-7:45pm IN-STUDIO & VIRTUAL	BARRE-FUSION ALL LEVELS SENIOR/ADULT (15+) 7:00-7:45pm IN-STUDIO & VIRTUAL	ZUMBA® EXPRESS ALL LEVELS SENIOR/ADULT (15+) 6:45-7:30pm IN-STUDIO & VIRTUAL	HIP HOP/STREET JAZZ ALL LEVELS MINI (6 ½ -9) 6:45-7:30pm IN-STUDIO ONLY	BEGINNER DANCE COMBO Ballet, Tap, & Creative Dance MINI (6 -9) 12:45-1:45pm IN-STUDIO ONLY
BARRE-TONE ALL LEVELS SENIOR/ADULT (15+) 7:30-8:30pm IN-STUDIO & VIRTUAL	TAP TECHNIQUE INTERMEDIATE/ ADVANCED SENIOR/ADULT (15+) 8:15-9:15pm *THIS CLASS IS CLOSED TO NEW MEMBERS. AN ADDITIONAL CLASS WILL BE ADDED SOON.*		PILATES MAT & STABILITY BALL (stretch-tone-rest) ALL LEVELS SENIOR/ADULT (15+) 7:45-8:30pm IN-STUDIO & VIRTUAL	***FRIDAY FIT-CLUB*** FIT-CLUB UNLIMITED MEMBERS WILL RECEIVE A CLASS RECORDING IN PLACE OF A LIVE CLASS.	

*****ABOVE SCHEDULE BEGINS ON MONDAY, MAY 16, 2022.*****

Please be advised that schedules are subject to change.
 Changes (if any) will be made at the beginning of each week and/or month.
 Thank you! 😊